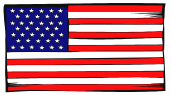


Civic Center Senior Sentinel

A monthly publication of the Civic Center Senior Center



7375 East 2nd Street
Scottsdale, AZ 85251
(480) 312-2375 - Lobby, (480) 312-7702 - Social Services, (480) 312-2350 - Fax
www.ScottsdaleAZ.Gov/seniors

July 2004

Scottsdale Senior Center @ Granite Reef & McDowell Village Groundbreaking Ceremony

Join Scottsdale's Mayor, Mary Manross, the City Council and the City Manager (Tim's dear friend), Jan Dolan at a groundbreaking for the McDowell Village development to be held on:

- **Saturday, July 10th @ 8am**

This event, held on the northwest corner of Granite Reef and McDowell Roads, will serve as the groundbreaking for the City's new senior center, senior housing development and retail component of the project. For information regarding the event, call (480) 312-2355.



CCSC will be closed on Monday, July 5th

Just a reminder that City offices, including the Senior Centers, will be closed on Monday, July 5th in observance of Independence Day.

Leave Your Mark on Scottsdale - Public Art Program

The Scottsdale Public Art Program invites Scottsdale residents and visitors to participate in a community self-portrait that will become a permanent work of public art at the new Scottsdale Senior Center @ Granite Reef. Scottsdale residents and visitors are invited to take their self-portraits in a digital photo booth following the theme of "Scottsdale Across Generations." Participants are encouraged to bring their children, brothers, sisters, parents and grandparents. Photos will be used to create eye-dazzling mosaic murals on porcelain for the new Scottsdale Senior Center @ Granite Reef.

When & Where:

Civic Center Library - Copper Room
(3839 Drinkwater Boulevard)

- **August 26th, from 9am-5pm**
- **August 28th, from 10am-5pm**
- **August 30th & 31st, from 9am-5pm**
- **September 1st & 2nd, from 9am-5pm**

Mustang Library - Book Discussion Room
(10101 North 90th Street)

- **August 27th, from 12-4pm**



A Lot's at Steak for Scottsdale Cares on July 12th



Support Scottsdale Cares, the City of Scottsdale's voluntary utility bill donation program that allows residents to add \$1 per month to their utility bill to support Human Service Programs within the City of Scottsdale.

Outback Steakhouse, located at 4180 North Drinkwater Boulevard, will be donating 100% of their lunch proceeds on Monday, July 12th to Scottsdale Cares. All you have to do is enjoy a meal at Outback between 1-4pm on July 12th and your entire bill will benefit thousands of neighbors in need, including the Senior Center's lunch program. Services might include those that prevent homelessness, improve parenting skills to strengthen families, provide a safe haven and support for children and adults who are victims of violence and abuse and provide positive alternatives and education for youth to prevent delinquency, teen pregnancy and the use of alcohol, tobacco and other drugs. For additional information, call (480) 312-2464.

"Maintain a Vertical Lifestyle"

In collaboration with Arizona Department of Health Services and the City of Scottsdale, Scottsdale Healthcare will be offering "Maintain a Vertical Lifestyle," free balance and gait screenings in July at the following locations, on the following dates @ 1:30pm:

- **Civic Center Senior Center - Friday, July 16th**
- **Via Linda Senior Center - Friday, July 30th**

The risk of injury increases dramatically with people ages 60 and older, and are highest in ages 85 and older. Because of fear of losing independence, many do not report balance problems or falls. These screenings will help participants learn common causes of balance problems, how to identify their accident risks, things they can do to help maintain balance and strengthen their bodies, ways to reduce accidents and the importance and types of interventions. If you would like to pre-register for this great program, you can contact the Civic Center Senior Center @ (480) 312-7702 and the Via Linda Senior Center @ (480) 312-5810.





Recreation Programs & News

Karaoke Night

Get your groove on at the Senior Center's Karaoke Night, held on the 2nd and 4th Fridays of each month in room 4, from 6-8pm. Good times are had by all as we sing along with all of our favorite hits. July's Karaoke:

- **Friday, July 9th**
- **Friday, July 23rd**

Karaoke is also held at the Paiute Neighborhood Center, located at 6535 East Osborn Road. Paiute's schedule alternates with our center's and is held on the 1st and 3rd Fridays of each month, from 6-8pm.

Movie Night

The Senior Center's Movie Night is held on the 1st and 3rd Fridays of each month, from 6-8pm. The room in which the movie is shown fluctuates due to facility availability, so check with the staff at the front desk.

Donations of popcorn are gladly accepted. Due to the fact that there are three Fridays in July for Movie Night, we will be featuring The Lord of the Rings Trilogy. Check these great titles out!

- **Friday, July 2nd - "The Fellowship of the Ring"**
- **Friday, July 16th - "The Two Towers"**
- **Friday, July 30th - "Return of the King"**

Saturday Dance Closures Rescinded

The Senior Center's Saturday dances will continue through the summer, in both July and August. The dances are held from 7:30-10pm every Saturday evening and from 1-3:30pm on Thursday afternoons.

Chess Group

Join the drop-in Chess group every Monday and Thursday afternoon @ 1pm. If you are interested in joining, you may contact Robert Briggs @ (480) 946-6400.

Youth Corp Volunteers

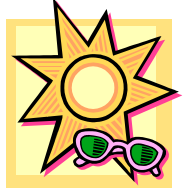
Please welcome our summer Youth Corp volunteers, Tony Torrez and Zach Baker. Youth Corp is a City of Scottsdale volunteer program where teenagers can earn high school credit for performing volunteer hours in the community. Our Youth Corp volunteers perform a variety of tasks, from general office duties to cleaning. You will probably see both Tony and Zach helping out in the programs offered through our center. Please introduce yourself and make them feel comfortable.



Classes

Summer Classes

The summer class session is currently underway, but there is still availability in many of our classes. The summer session will run through the week of August 23rd. If you are interested in participating in a class that is already underway, see a member of the center staff at the front desk. Course prices can be pro-rated, so you will only pay for the classes you attend.



Fall Classes

Although the sun is blazing and the temperatures outside are in the triple digits by breakfast time, it is time to start thinking about fall classes.

Registration for the fall class session, by Internet and touch-tone phone, begins for Scottsdale residents on **Thursday, August 19th**. All other forms of registration (walk-in, mail-in, fax, non-resident) begin **Thursday, August 26th**. Fall is the busiest session at the senior center, so early registration, during the first week, is highly recommended. Many classes meet their capacity during the first week of registration, so don't miss out by waiting to register in person. If you need assistance registering by touch-tone or over the Internet, a member of our staff will be happy to walk you through the process. This fall, we will offer a number of new courses, including:

- **Advanced Personal Fitness**
- **Pilates & Stretch for Seniors**
- **Drawing in Charcoal**
- **Digital Cameras & Adobe Photoshop Elements**
- **Microsoft Excel**
- **Intermediate Tap**

A complete list of classes is available at the front desk. All classes, unless otherwise noted, will begin the week of **October 4th**. If you have questions regarding classes, or have suggestions about classes you'd like to see offered at the Senior Center, contact Nick @ (480) 312-2708.

Yoga @ Scottsdale Stadium

The Senior Center will be offering a new Yoga course in the fall, on Tuesdays and Thursdays, from 7:30-8:45am in Scottsdale Stadium's press box, located just across the street from the Senior Center. Start your morning off with a homerun. For more info, contact Nick @ (480) 312-2708.





Social Service Programs

Depression Support Group

The Senior Center will begin offering a Depression Support Group every Wednesday afternoon, from 12:30-1:30pm in room 8.

Although it is sometimes assumed that life after retirement is a golden time with little reason for people to feel depressed, the biological and emotional changes that may accompany the aging process may also contribute to depression in later life. Some symptoms include: change in eating habits, inability to concentrate, difficulty making decisions, withdrawal from social contact, persistent sadness or hopelessness, general irritability and decreased energy or fatigue. Depression is not a normal part of the aging process and you can receive help.

Discover the many opportunities life has to offer. If you have questions about the group, contact Jennifer Murphy @ (480) 312-2307.

Senior Safety Series

The Scottsdale Police Department's Crime Prevention and Neighborhood Safety Program will be at the Civic Center Senior Center to present the following seminars @ 11am in room 1:

- **ID Theft** - Tuesday, August 3rd
- **Accident Prevention** - Tuesday, August 24th



Beat the Heat Program

During the hot summer months, many homebound Scottsdale Seniors suffer the effects of isolation when family and friends leave for the summer. Beat the Heat provides donations of food and beverage items to Scottsdale Seniors. Social Service staff make a home visit to deliver the packages and see what may be needed by the individual. This is a great project for a family or community organization. If you would like to make a donation toward meeting the needs of a local senior, contact the Via Linda Senior center @ (480) 312-5810.



Support Groups Take Summer Vacation

The Neuropathy Support Group, which meets the 2nd Friday of each month, will not be meeting in July or August. The group will resume in September.

In addition, the Caregiver's Support Group, which meets the 3rd Friday of each month, will also take the summer months off and will resume in September.



Community Programs

Recognize Community Heroes

The General Dynamics' Scottsdale Community Liaison Council, City of Scottsdale and the Scottsdale Tribune seek



to honor Scottsdale's Community Heroes - people whose service to others embraces the Scottsdale sense of community. A Frances Young Community Hero is an individual, age 14 or older, who resides or is employed in Scottsdale, who has not received public recognition and:

- Whose acts benefit Scottsdale citizens or organizations
- Who performs random acts of kindness
- Who performs outstanding volunteer work
- Who serves quietly as a community role model and mentor
- Who is actively involved in education; youth or senior programs; environmental issues; animal interests; religious institutions; neighborhoods; arts and culture or health and human services.

To enter, complete a nomination form (available at the Senior Centers) and answer the essay questions on the nomination form describing the person as a Community hero. The nomination process will run through August 6th. You may also use the online form, available @ <http://www.gdds.com/communityheroes>. For additional information, contact General Dynamics Community Investment @ (480) 441-7977.

Arizona Older Worker Awareness Day

The Governor's Advisory Council on Aging will present this informative workshop with the purpose of connecting employers with older workers and connecting older workers with employers. The program will be free to older workers, students and non-profit organizations. In addition, the program will feature informative guest speakers, seminars, an older worker skills assessment, a job search coaching presentation and a number of special guests. Save the date!



- **Thursday, September 16th, from 9am - 3pm**

The event will be held at the Community Campus of the North Phoenix Baptist Church, located @ 5757 North Central Avenue. For additional information, or registration forms, contact the Advisory Council @ (602) 542-4710.



Manager's Corner

Happy Independence Day!

This holiday floods my mind with so many phenomenal instances, moments, thoughts, images and pictures.

First and foremost this year is the image of the heroes that surround all of us and the image of those heroes surrounding us in spirit. Always remember and thank the heroes who have fought, died and continue to preserve our independence.

I see my little brother Gerald Miluk, a firefighter in Parma Heights, Ohio, last week, crawling through a window of a fully engulfed house, and searching and saving the lives of two children

I see the thousands of regular men and women who set aside their personal safety and comfort to fight in the military for the greater cause for all of our independence. Thank you all and Mr. Tillman.

I see the police, fire and medical personnel of our great city and throughout the world that put their lives on the line everyday so all of us can maintain this hard fought independence.

I see parents working two or three jobs and then coming home and putting on the smile and taking care of their children's homework and making sure that their yard looks great, volunteering at the local sports camp to coach team values, etc... These are also the day to day heroes that are ensuring the Independence of our future generations by building smart, strong, respectful and community minded children - our future heroes and leaders.



Heroes are not just born in an instant of a situation. Heroes are imprinted by the actions, morals, values and culture of their families and their communities. They hone these hero tools on a daily basis by making the right, and at times difficult, choices each and every day.

I see the students who are surrounded by garbage on T.V. and in the media, ample access to bad choices with drugs, acquaintances and actions. They are fighters, man it isn't easy, and they fight to stay on the right path and struggle to do the right thing amidst all of the pressure, "you're uncool" comments and negative influences of so many groups and individuals.

I see on a daily basis the heroes that walk through these hallowed halls of our senior center. These men and women who walk beside us need to be thanked and respected for their multiple roles as heroes. They were the heroes who fought for and maintained our independence during the past. They are the heroes who worked hard and fought hard to instill the qualities in their children and community, that ensure and perpetuate this fantastic freedom and unbelievable independence that we have today. They face, fight and triumph daily to once again win the battle to remain independent. They make the conscious choices a thousand times a day to do that crossword puzzle, read that book or play bridge to keep that brain independent. They make a thousand choices a day to eat the right way, take the right medicine, follow the right path when it comes to exercise, moderation and so many other easier ways out. They make the choices daily to remain vigilant in our neighborhoods and community to make sure that the right thing is being done, so that this independence, that truly is the inner core of our beings as individuals, community and nation, never wavers.

The pride that I carry inside me (and yes each and every day on my sleeve as well) for my parents, family, wife, children, this senior community (which I would stack up against any in the world), our "Most Livable City" Scottsdale and the United States of America is strong and brilliant. Thank goodness that I do not get a tattoo every single time that I am just beaming with this same pride. I would be covered from head to toe.

Thank all of you for fighting for me and being such an integral part of my state of independence.

Human Services Manager
Civic Center Senior Center